



Fund “Nauka” Project № 24028 Resume – Autumn Competition-based Session 2024:

“Effect of targeted radiofrequency therapy TECAR in the treatment of patients with lumbalgia of discogenic origin”

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The research aim of this project is to investigate the effect of the combined administration of targeted radiofrequency therapy (TECAR) and a specific kinesiotherapy program in patients with lumbalgia of discogenic origin, and to assess their impact on functional status and clinical outcome with a view to improving patients' prognosis and quality of life.

In order to achieve the set objective, the following tasks are differentiated:

Investigating the impact of disc disease on patients' motor activities and individual quality of life. Evaluation of the impact of TECAR therapy on clinical, functional status and individual quality of life of patients with disc disease; Analysis of the change in subjective perception of static and dynamic pain on the VAS before and after treatment in the therapeutic and control „placebo” group; Dynamic monitoring of the change in dermatomal skin temperature of the paravertebral musculature and limbs in the two follow-up groups to objectify the influence of TECAR therapy on the temperature of the treated tissues and reflex-related areas; The subjects of the study are 120 patients with lumbar disc disease randomized into a treatment and a control "placebo" group.

The research methods to be used are: documentary, clinical, sociological, statistical.

Кратко описание на очакваните резултати от проекта:

- (1) As a result of this study it is expected to create and implement in routine practice an original algorithm for the application of TECAR - therapy in patients with lumbalgia of discogenic origin.
- (2) Confirmation of the hypothesis that the therapeutic group receiving TECAR therapy and a kinesiotherapy exercise complex will have better clinical and functional recovery than the control "placebo" group after the end of treatment.
- (3) The effects of clinical and functional improvement in the therapeutic group are expected to last much longer than those of the control "placebo" group.
- (4) Discovering a correlation between the degree of reversal of symptoms and functional recovery of the lumbar spine.
- (5) Presence of an experimentally confirmed correlation between the results obtained from the OSWESTRY questionnaire and the other clinical, functional and instrumental methods of investigation.